

# Sheffield Physical Health Strategy for People Living with Severe Mental Illness, People with Learning Disabilities, and Autistic People

## APPENDIX: *Highlights of our 2019-2022 Strategy Achievements*

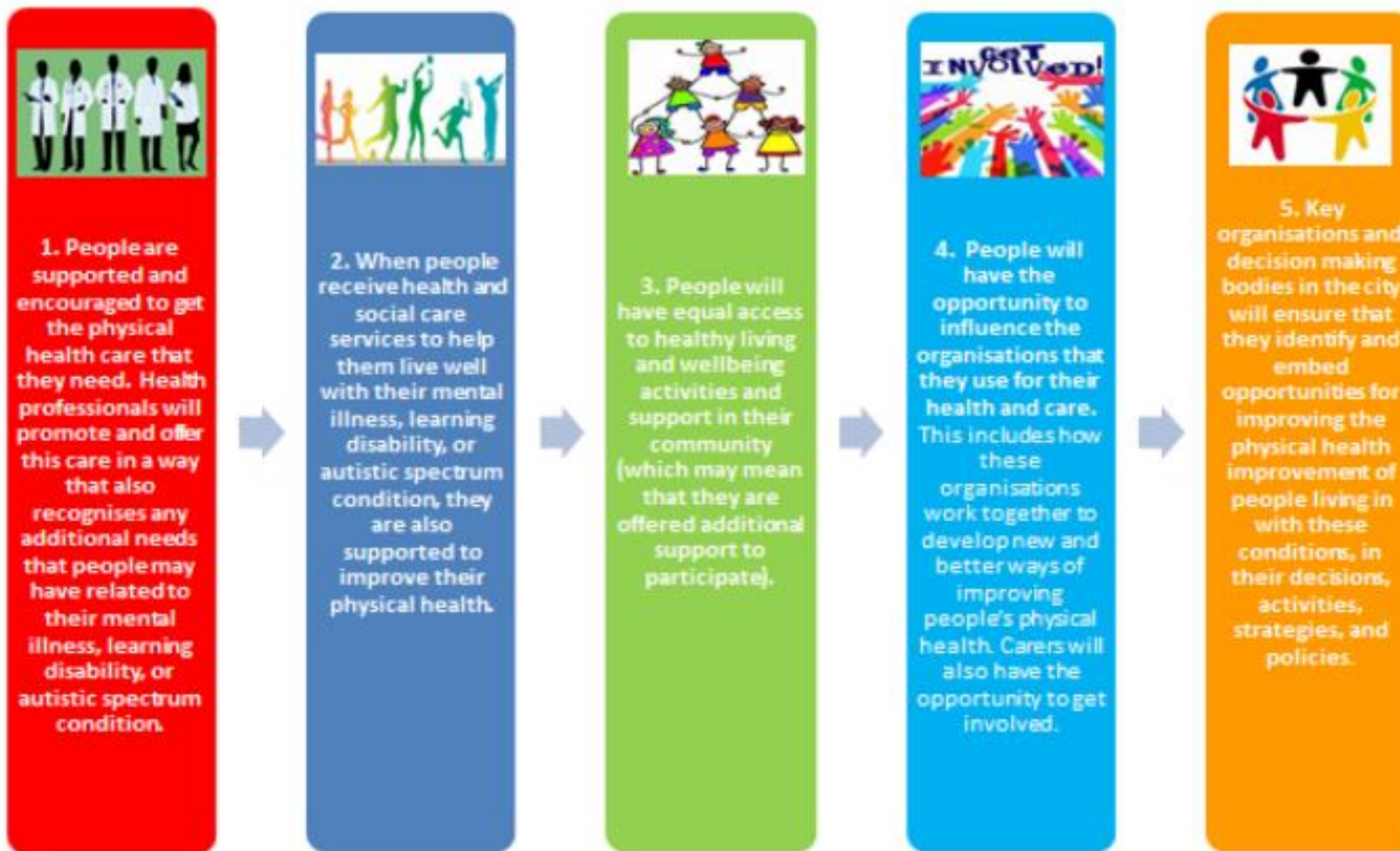
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### ***To note –***

*When we refer to ‘people’ in this document this means people of all ages in Sheffield:*

- with a learning disability*
- living with severe mental illness*
- who are autistic.*

## The 5 key Commitments for the Strategy:



# Achievements 1

- ✓ Dedicated work in Primary and Secondary Care, alongside side new ICB commissioned health check posts/services, has helped to achieve improved access to annual health checks, vaccinations and screening:
  - Sheffield Mind's Severe Mental Illness Physical Health Outcomes Service (Health Checks, Vaccinations, Cost-of-Living Support, National Screening)
  - Primary Care Sheffield's Physical Health Check Team (embedded in PCMH Service) - Supporting practices to complete checks and have meaningful conversations which lead to change. The Health coach roles are in place to improve patient activation in addressing Long Term Conditions and making healthier lifestyle choices. There has been improved access for people with Severe Mental Illness in residential care homes to Annual Health checks (including ensuring that they are on the GP Severe Mental Illness register to people)
  - Sheffield Mencap's Learning Disability Physical Health Outcomes Service (Health Checks, Vaccinations, Learning Disability Physical Health Improvement Nurse project)
  - There are 3 new Severe Mental Illness physical health support worker posts funded within the Sheffield Community Mental Health Recovery Teams and Early Intervention Service (SHSC) to provide additional capacity to support physical health checks as part of clozapine/depot clinics and for people within the first 12 months of being prescribed antipsychotics.
  
- ✓ There has been engagement and consultation (e.g. co-production of physical health webpages; Disability Sheffield project working with Sheffield Voices; links with Learning Disability and autism partnership boards) which has influenced the improvement we carried out

# Achievements 2

- ✓ Annual health check completion rates have improved significantly :
  - For people with Severe Mental Illness, from 18.5% in 2018/19 to 61% in 2022/23 (from 1,102 people to 3,367 people having all six core elements of their physical health check – an increase of 2,265)
  - For people with Learning Disability from approx. 35% of people estimated to be eligible for a check in 2018/19 to 85% in 2022/23 (from 1,978 to 3,382 people having their annual check – an increase of 1,978)
  - The percentage of people with Learning Disability aged 14+ with a Health Action Plan recorded following their health check has more than doubled over the last year. This was 84% in 2022/23 compared to 41% in 2021/22
- ✓ Sheffield was successful in being awarded a place on the NHSE national project to pilot annual health checks to autistic adults. 85 autism specific health checks have been completed in 2023 in Sheffield as part of the project. Following completion of the pilot, we will feed learning into the national evaluation which will contribute to the development of the national proposals for a physical health check model for autistic adults
- ✓ 75% of people with a Learning Disability had their flu vaccination (or were clinically exempted) in 2022-23 – compared to 58% of people vaccinated in 2021-22.
- ✓ Approx. one third of people on Severe Mental Illness registers are eligible for a flu vaccination due to long term health conditions – in 2022-23, 72% received their flu vaccination (or were clinically exempted) in Sheffield - compared to approx. 63% in 2021-22)

# Achievements 3

- ✓ Covid responses – e.g. prioritisation of vaccination for people with Learning Disability living in Care Homes and Supported Living; SHSC's CLDT Learning Disability swabbing and reasonable adjustments support to living/extra care housing provider; support and information.
- ✓ SHSC physical strategy and associated workstreams – improving physical health in secondary care.

There has been integrated activity between the Physical Health Strategy and LeDeR programme, e.g.

- ✓ We have worked with people with lived experience to make web pages and videos to help people understand more about their own health, as well as help staff be more aware of how they can best help (e.g. Flourish webpages; Autism videos; pneumonia and shingles vaccination resources produced)
- ✓ More health and care staff have been given training to help them understand the needs of people living with severe mental illness, people with learning disabilities, and autistic people, and to spot health problems more quickly (e.g. Training for Providers in Recognising the Deteriorating Patient; LDA Speak Up training and Severe Mental Illness health check training for GP surgeries; Health Passport Awareness Training for hospital staff; NHS Cancer Screening Awareness Training).
- ✓ More people with a learning disability have been helped to take part in the NHS bowel and breast screening, which will reduce the risk of dying from bowel and breast cancer. There was an increase (of 29%) in the percentage of people with learning disability who completed and sent back the FIT kits for the first time, having been sent a Fit kit before but had never previously completed and returned.

# Achievements 4

- ✓ Disability Sheffield Healthy Living and Physical Activity project – starting to improve access to healthy living and wellbeing activities and support in people’s community.
- ✓ Sheffield Children's Hospital is an integrated physical and mental health provider meaning that physical health checks and access to physical health specialties is available for all Learning Disability and autism and mental health admissions.
- ✓ The citywide priorities in the Sheffield *All Age Autism Strategy* has been finalised and includes priorities to make health and care services equitable for autistic people.
- ✓ Close links with public health strategies – two way process to influence commissioning decisions and improved promotion of health messages to people with Learning Disability, Severe Mental Illness, autism. For example, this has resulted in specific healthy living and weight management programmes for people with learning disabilities and autism.
- ✓ Oral health priorities have been integrated into Physical Health Strategy work, initially focusing on support for people with Learning Disabilities, via the provision of training to carers and development of information materials for patients and carers.
- ✓ Amongst service users on SHSC’s Acute Mental Health Wards, smoking prevalence has reduced from 66% in 2016/17 to 55% in 2022. (*Citywide smoking rate: 13.3%, 2022*)
- ✓ Primary Care data shows smoking rates for patients aged 18+ with severe mental illness has reduced from 37.9% (2018) to 35.8% (May 2023). However, this is still much higher than the average Citywide smoking rates (13.3%, 2022).

# Achievements 5

- ✓ Within Sheffield City Council's new *Mental Health Independence and Support Framework* providers are asked through quality quarterly monitoring about supporting clients with severe mental illness with visits to GPs (including for Annual Health Checks).
- ✓ Sheffield City Council's Adults with Disabilities Framework and Enhanced Supported Living Framework specifications now include a requirement for providers to consider physical and mental health, and health and wellbeing as part of their contracted support planning with each individual they support.
- ✓ Sheffield Teaching Hospitals now have a 'Learning Disability and Autism' (LDA) service. The team can support patients with a learning disability and/ or autism. The LDA team also provide training and guidance to STH staff. STH are in the process of developing a strategy for supporting autistic patients and patients with a learning disability. The STH Learning Disability and Autism task and finish group are involved in a number of workstreams such as the Accessible Information Standards, patient experience and feedback and developing the Electronic Patient Record. The LDA team continue to provide monthly health passport training sessions to STH staff using the LeDeR ECHO platform.
- ✓ Sheffield Teaching Hospitals have a 'Core Mental Health Team'. The team working closely with Mental Health Liaison Team (Sheffield Health and Social Care) to support and care for mental health patients in the trust. The Mental health Lead provides leadership, training, and guidance to STH staff. STH have also appointed a Mental Health Programme Manager to support with making improvements to our mental health pathways.

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